



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

For Immediate Release:  
March 1, 2010

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### **Governor Hoeven Proclaims March 5, 2010, “Dress in Blue Day” in North Dakota**

BISMARCK, N.D. – Governor John Hoeven has proclaimed March 5, 2010, as “Dress in Blue Day” in North Dakota.

On “Dress in Blue Day,” people across the nation wear blue to promote awareness about colorectal cancer and encourage people to get screened.

“Colorectal Cancer is the second most diagnosed cancer for men and women in North Dakota,” said Joyce Saylor, Comprehensive Cancer Prevention and Control director for the North Dakota Department of Health. “This disease is preventable. Regular screening is key to preventing colorectal cancer and reducing the number of North Dakotans diagnosed with and dying from the disease.”

The Department of Health offers these important points about colorectal cancer:

- If you’re 50 or older, see your doctor to get screened. For those with a family history of the disease, screening should begin earlier.
- Colorectal cancer and precancerous polyps don’t always cause symptoms.
- Colorectal cancer affects both women and men and all races and ethnicities.
- When cancer is found early, colorectal cancer treatment can be very effective and save lives.
- Many insurance plans help pay for screenings that can detect colorectal cancer.

“North Dakota has one of the highest colorectal cancer incidence and death rates in the United States,” said Doug Berglund, surgeon at Medcenter One Health Systems, Bismarck, and chair of the North Dakota Cancer Coalition. “In fact, about 120 North Dakotans will die from the disease

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this year. Too many families have lost loved ones from a cancer that with proper testing and early detection could be avoided. 'Dress in Blue Day' is an opportunity for worksites, organizations and communities to raise awareness about colorectal cancer by wearing blue and spreading the important message of colorectal cancer screening."

For information about "Dress in Blue Day," contact Dubi Schwanz, North Dakota Department of Health, at 701.328.2306.

*Please note: Proclamation follows.*

PROCLAMATION  
**DRESS IN BLUE DAY**  
MARCH 5, 2009

**WHEREAS**, colorectal cancer is the second most diagnosed cancer among men and women in North Dakota; and

**WHEREAS**, about 120 North Dakotans die from colorectal cancer each year; and

**WHEREAS**, there are often no symptoms of colorectal cancer; however, regular screenings can reduce the number of deaths from the disease by detecting cancerous or precancerous conditions early, when treatment is most effective; and

**WHEREAS**, "Dress in Blue Day" is observed to promote awareness about colorectal cancer and to encourage people to get screened; and

**WHEREAS**, North Dakotans are encouraged to participate in "Dress in Blue Day" and to learn more about colorectal cancer prevention and treatment and the importance of regular screenings.

**NOW, THEREFORE**, as the Governor of the State of North Dakota, I do hereby proclaim March 5, 2010, **DRESS IN BLUE DAY** in the state of North Dakota.

John Hoeven  
Governor

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